

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: *Chicken Nugget

Product Code: 110462

Processor: Pilgrim's Pride

Category: Meat and Meat Alternate

Date: 5/31/2005

Description: Breaded nugget shaped chicken, containing both white and dark meat. The product is fully cooked, it is a heat and serve item.

Pack Size: 137 servings

Storage: Store at 0 degree's F or below

Preparation: Keep frozen until ready to use.

Cooking: From frozen state Heat in convection oven at 350 degrees for 7-9 minutes or Conventional oven for 10-12 minutes at 350 degrees.

Serving Size: Five - 0.70 nuggets

Meal Contribution: 2 meat/meat alternate and 1 bread alternate

Nutrition Facts			
Calories:	220.00	Protein:	15.00 grams
Total Fat:	11.00 grams	Carbohydrate:	15.00 grams
Saturated Fat:	1.50 grams	Cholesterol:	30.00 mg
Trans Fat:	0.00 grams	Calcium:	16.00 mg
Iron:	1.00 mg	Dietary Fiber:	0.00 mg
Sodium:	470.00 mg	Vitamin C:	0.00 mg
Vitamin A:	0.00 IU		